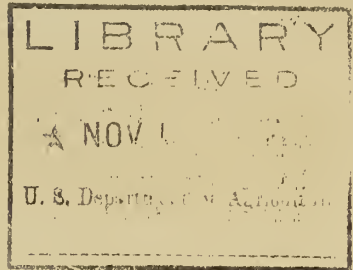


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THE HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through Station WRC and 32 other stations associated with the National Broadcasting Company, Friday, October 25, 1929 at 1:10 p. m. Eastern Standard Time.

How do you do, Homemakers:

I hope that my audience is very large today because my subject is one that concerns every homemaker. It is her kitchen. Have you ever stopped in the busy round of your household duties to consider how many of you are doing the same things day after day at the same hours in the four walls of a place someone chose to name the kitchen? Twenty-six million of you; think of that! The number of kitchens in existence and the number of hours spent there each day makes this still our most important American workshop, where efficiency should reign supreme.

An efficient or convenient kitchen is one in which the work can be accomplished with the least possible effort, in the shortest possible length of time. To save effort or energy, no steps must be wasted, the working position whether sitting or standing must be comfortable, and there must be plenty of ventilation and good light.

One very important point to consider in checking on the efficiency of a kitchen is the arrangement of large pieces of equipment, such as the stove, the work tables and the sink, with reference to each other. It is very easy to decide whether or not this kitchen furniture is well arranged by thinking of the jobs in the order they are done, and at the same time sketching a map of the trip to be made in getting these jobs done. With your own kitchen in mind, think through the following routine with me. In getting a meal, first the raw food must be assembled and prepared. This means collecting part of it from the refrigerator and part from some storage cupboard, pantry or even cellar, and taking it to the sink for washing or paring, or to the work table for some other cooking preparation. Next it goes to the stove, then perhaps to some space for dishing up, and on into the dining room. Clearing up after a meal has certain definite steps also: the removing, scraping and stacking of soiled dishes, washing, draining and putting them away, and the washing and storing away of the cooking utensils. If you have imagined yourselves doing these various tasks of preparing a meal and clearing up after it, you have either found yourself progressing pretty much in a straight line from one part of the kitchen to the other, or you have found yourself zigzagging back and forth on a dizzy route,-- according to how efficiently the large equipment in your kitchen is arranged.

A thoughtful grouping of small equipment such as pots and pans, paring knives and mixing bowls makes for efficiency also. A good rule to follow in the arranging of small equipment is to place it around the working center where it will be used first. Paring knives belong logically near the sink rather than in some cabinet drawer across the room, while egg beaters, mixing bowls and large spoons should be near the table or cabinet where they will be most often needed.

(over)

To save energy and prevent back aches and muscle strains, kitchen furniture should be the height that suits the person who uses it most. The very low kitchen sinks and the low work tables seen in many kitchens, and the extremely high cupboard shelves, require unnecessary stooping on the one hand and stretching on the other.

Perhaps you are thinking that this is all very interesting but what can you do about it, since your kitchen sink, pump, cistern or well is placed, your stove can be only where it is because of the location of the flue, or the gas connection, - and that's the end of it. But are you right? Isn't it possible by shifting the location of a table or a cupboard to make an arrangement that saves steps and at the same time to get better light and air? Can you not have some blocks nailed to the legs of your work table to make it a better height for you so you no longer stoop at a back breaking angle? Surely you can buy a stool to sit on while paring vegetables. And I doubt if there is a single one of you who cannot improve the arrangement of your small equipment by thinking through the use of each piece. If you are interested in increasing the efficiency of your workshop, let us send you a copy of F. B. 1513, Convenient Kitchens.

And until next Friday, Goodbye, Homemakers!